

Zones of Regulation

Blue Zone	Green Zone	Yellow Zone	Red Zone
			
<ul style="list-style-type: none"> • Sick • Tired • Sad • Moving slowly <p>* I NEED A STRATEGY</p>	<ul style="list-style-type: none"> • Happy • Calm • Focused • Ok • Ready to learn 	<ul style="list-style-type: none"> • Worried • Annoyed • Silly • Wiggly • Frustrated <p>* I NEED A STRATEGY</p>	<ul style="list-style-type: none"> • Angry • Out of control • Yelling • Terrified • Un-expected

Is it Bullying?

When someone says or does something unintentionally hurtful and they do it once.
That's UNKIND

When someone says or does something intentionally hurtful and they do it once.
That's MEAN

When someone says or does something intentionally hurtful and they keep doing it even when you tell them to stop or show them that you're upset.
That's BULLYING

Keeping children safe and happy at Walsh

Happiness, Friendship and kindness
At Walsh Memorial C of E Infant School
Say NO to bullying.
STOP

How do you know it's bullying?
When someone says or does something on purpose that is hurtful tell them to **STOP**.

Several
Times
On
Purpose 

What to do if ...
someone says or does something on purpose that is hurtful and they don't stop when they know you are upset - **STOP**.

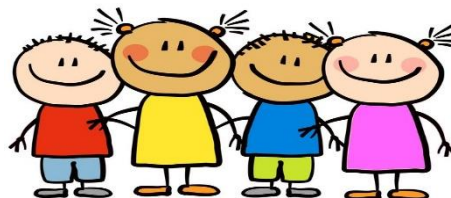
Start
Telling
Other
People 

Our Golden Promises

 Be safe

 Be ready

 Be kind



Disclaimer: We hope you find the information in our resources useful. This resource contains potentially sensitive and/ or upsetting topics and may cause emotional impact and trigger past experiences. Please speak to a member of staff as we can help.

Feeling safe and happy at school

At Walsh Memorial C of E Infant School we want to make sure that all our children feel looked after, safe and happy when they are in and out of school. Sometimes we don't know if something bad is happening to them, so we encourage all our children to 'speak out and reach out' and talk to us.

We use the 'Zones of Regulation' to learn and talk about how we are feeling and we encourage the children to share and learn about their and other people's emotions. The children know they can move their name to any emotion so we know how they are feeling and know that they can speak to an adult so we can help them.

We have written this guide to help support you in having conversations with your children and to show you how we support and help your children at school, as well as using the Anti Bullying Leaflet – Happiness, Friendship and Kindness.

All concerns of child on child abuse are recorded on our safeguarding program and shared with our Designated Safeguarding Leads (DSL) and then investigated.

This guide looks at child on child abuse and bullying, and what your child can do if they feel they are being abused or bullied, or if they notice someone else being abused or bullied. We don't usually use the word 'abuse' with the children but would refer to the incident ie saying unkind words and how it made them or others feel. We teach all our children that we can help them by:

- teaching all children what child on child hurting (abuse) is
- teaching all children what to do if they feel like they are being hurt, or feel worried, upset, sad (abused) or are worried someone else is being hurt, worried, upset, sad (abused)
- making sure they know the grown ups they can speak to if they are worried about anything
- using the Jigsaw scheme to learn about feelings, healthy and unhealthy friendships and how to be a good friend and more. We relate the stories from all faiths and reflect on how we can show good values
- our Collective Worship assemblies where we learn about different themes of friendships, tolerance, mutual respect, being a good friend, what to do if they are worried and more!
- teaching about British Values as well as our School Values

1

What is mistreatment or hurting, feeling sad or worried (abuse)?

Abuse (hurting, feeling worried, upset or sad) is something which usually physically or emotionally hurts another person by using behaviour that is meant to scare, hurt or upset that person.

Sometimes, it can be hard to know when abuse is happening, because not all abuse will hurt, scare or upset you, and you might not know or be aware it is happening. It's really important you know your child is being hurt, feeling worried, upset or sad (abused) so we can make it stop.

At Walsh we learn about friendships and how to be a good friend. We also learn about how we feel and share the poster 'Is it bullying?' where we talk about what is unkind and mean and how these things make us feel. We also teach the children what to do if they are worried and they know to say 'STOP' and talk to a grown up. School Council have asked for photographs of all our teaching staff around the school to remind all the children that they can talk to anyone if they are worried, sad or upset (as well as when they are happy).

2

Bullying (we do not teach our children about all of the types of bullying below, but have included to share with and inform you)

Bullying can be different things, it isn't just hitting or kicking another person.

Emotional bullying can be hurting someone's feelings, leaving them out or bossing them about.

Physical bullying can be punching, kicking, spitting, hitting or pushing someone.

Verbal bullying is teasing someone, calling them names or using rude hand signs. People can also use verbal bullying to be racist or homophobic.

Cyber or online bullying involves sending horrid messages over the internet or by text message. Bullying can be done through another person, by one person telling another person to say nasty things.

We do not necessarily use these words or learn specifically about these but they would come under being unkind and hurting someone. We would work with the children to explain why this was not acceptable behaviour and remind them (at an appropriate level), that all members of our school community deserve to be treated with respect and we believe that everyone is special, unique and that we all, without exception, have the right to be treated equally.

Racist means bullying someone because of their skin colour, race or what they believe in.

Homophobic means bullying someone because of their gender or sexuality (calling someone gay or lesbian to hurt their feelings would be homophobic).

Sexist means bullying someone because of their sex (whether they are a boy or a girl).

At Walsh we talk about different things children might say to make your child feel upset. Through our Jigsaw half termly themes we cover 'Being me, Celebrating difference and Relationships.' These focus on learning about themselves and their feelings as well as others and friendships. It might be someone being unkind saying you cannot come to their party or not being able to play a game and you must always tell an adult so we can help you stop feeling sad. We have posters around school and talk in class about what to do if people make us feel sad or upset. We remind them to say 'STOP' and talk to a grown up. We learn how to stay safe on computers and when we are online and learn that others can be unkind online and that we must tell an adult. Please see our online safety document for more detail about focused learning for each year group and see our online safety tips on our website and in our newsletters.

3

Relationships

Any relationship we have have should be good and happy.

A bad relationship might make someone feel scared, confused, worried and even unsafe.

It's really important that your child knows the difference between a healthy (good) relationship and an unhealthy (bad) relationship. We learn about this at school and how to identify healthy and unhealthy relationships.

Healthy relationships (You/ your child)

- You are comfortable around that person.
- You can be honest with that person.
- You can say how you feel, what you are thinking and you listen to each other.
- You support each other and treat each other nicely.
- You feel safe.
- You trust that person.
- You are equal – you don't boss each other around or tell each other what to do.
- You feel looked after.

Unhealthy relationships

- The person might push you, hit you or destroy things
- The person might tell you what to do, what to wear or who you can see.
- You might feel scared – they might say they will hurt you if you don't do something. They might also say they will hurt you if you do something too.



- The person calls you names, makes you feel bad in front of other people and makes you feel bad about yourself.
- The person may get angry easily and you don't know what makes them angry – it might make you feel nervous.
- The person might pressure you to do things you don't want to do or aren't ready for.
- The person might not take no for an answer when you say you don't want to do something.
- You might like this person and not realise that they are being unkind to you.

At Walsh we also look out for coercive behaviour – maybe someone has told your child that they cannot play with another friend, or that they shouldn't wear that hairband or have that water bottle and encourage all children to tell an adult. We learn that we are all special, unique and it's good to be me and we celebrate that we like different things.

Child on child abuse can be one child or a group and we teach this to our children, and we encourage the children to talk about anything that is making them sad or worried. We have planned and unplanned circle times with set themes or when issues arise in class or from playtimes. We learn how to be thoughtful of others and their feelings.

We teach the children to say 'Stop' if they feel uncomfortable in a game or if someone has said something unkind.

We also learn about 'consent' and asking if they would like a hug and it's ok to say 'no' or 'stop' and not all people like to be hugged or touched.



How do I know if someone is feeling sad or upset (or could be being abused)?

It might be hard for you to know if your child is being hurt or upset (abused) and might not really understand it is happening. It is important that we teach children to recognise when any behaviour isn't appropriate or they don't feel right.

It's also important that they can notice when someone else might be being hurt (abused), feeling upset or feeling worried or sad.

Some signs might be:

- Feeling sad and down
- Feeling nervous
- Having injuries, like bruises
- Feeling like they can't cope
- Feeling withdrawn or shy
- Getting headaches or stomach ache
- Not being able to sleep, sleeping too much or getting nightmares
- Feeling panicked

- Not going to school
- Hurting other people (being abusive) to someone else



Remember – we can feel some of these things too even if your child is not being abused. Listen to how you feel and know that these signs could mean your child is being upset or hurt (abused). At Walsh we encourage and remind the children to talk to a trusted adult about how they are feeling however small the feeling or worry might be. We know our children very well and notice small changes in behaviour or can see if they are quiet or upset and will ask and check in to see how they are feeling if they haven't spoken to anyone.



What do I do if someone else is feeling sad or upset (or could be being abused)?

If your child sees someone else being abused, hurt or is feeling sad, we learn that it is important to help that person. We have posters up at school to remind children what to do and who to talk to, and regularly remind children what to do.

We learn that we should never walk away and ignore the problem, because the person might keep upsetting them or their friend.

We teach all children to tell a grown up, a teacher or a parent as soon as they think someone is feeling sad.

Grown ups can help and stop the hurting (abuse) and make that person feel happy again.

Our children learn that they should never feel scared to tell someone.

Sometimes, your child might not see someone being abused, being hurt or is sad, but they might be worried about them. It's very important that they tell someone if they are worried about a friend.

At Walsh we revisit our learning from PSHE lessons, Collective Worships and Anti Bullying week through learning and circle times where we remind the children to talk to trusted adults. School council and classes had the idea to make posters of all staff around the school to remind all children they could talk to anyone and everyone.



What to do if you are feeling sad or worried (or feel that you are being abused)?

We teach our children to tell and talk to someone that they trust. This could be a family member, a friend or any adult at school.

Your child can also tell the person that is hurting them to STOP (we learn STOP also means Start Telling Other People) then tell a trusted adult.

Your child should try not to:

- Do what the person says
- Let the person upset them
- Get angry or hit them

At Walsh we teach our children always to remember that if they feel they are being made to feel sad, upset or feel that they are being abused, it is not their fault and they are never alone. We remind them that they shouldn't be too scared to talk to someone, and if they talk to a grown up we can help them stop feeling sad and worried (and make the abuse stop).

We also take part in the NSPCC 'Speak out and stay safe' and use this throughout the year for reminders for the children about the importance of talking if they are worried.

We use the NSPCC 'PANTS' programme to remind children that private parts are private. We use this to remind children to stay safe when going to the toilet and ensuring that they feel safe and have privacy. We regularly revisit this throughout the year in class and in Collective Worship.

7 Who can I talk to?

It is important to tell someone as soon as your child feel's sad or worried.



We tell our children they can talk to any trusted adult at school but also Mums, Dads and Grandparents. We can make sure the abuse stops and doesn't happen again. We encourage and remind all children they can speak to any grown up at school

Mrs Wall

Mr Clark

All of our teachers

All of our teaching assistants

All of our mid day supervisors

Anyone in the office

Your friends



School Council helped design our school safety poster to remind all our children who they can talk to - EVERYONE

8

How can I help stop the abuse from happening?

We can all help to stop abuse at our school by:

Knowing and sharing our Golden Promises 'Be Safe, Be Ready and Be Kind' and our school values 'Community, Love and Perseverance'

- Making sure we understand how we should act towards others.
- By understanding how our actions can make others feel.
- Helping others when they are in need.
- Being kind, friendly and respectful to others.
- Thinking about people's feelings before we say or do something.

- Taking part in school activities, like Collective Worship, Jigsaw (PSHE) lessons, circle time that talk about friendship, bullying, being a kind friend.
- Talking to someone when we are worried.

At Walsh we learn that abuse is never OK and it is serious. It is not funny, or 'just banter' or part of growing up. Talk to a trusted adult, we are all here to help keep everyone safe.



At Walsh we recognise that child on child abuse is harmful to both the perpetrator and the victim and ensure that we would work closely with each child or children and plan sessions of ELSA (Emotional Literacy Support Assistant) support if appropriate.

We create a healthy, safe environment based on equality and informed choice allowing children and young people to know their rights and responsibilities, what to do if they are unhappy with something and what it means to give true consent.

Through regular training we ensure that all staff understand the importance of challenging inappropriate behaviours between children/young people. Downplaying certain behaviours, for example dismissing sexual harassment as “just banter”, “just having a laugh”, “part of growing up” or “boys being boys”; are always challenged and not accepted. Issues that might later provoke conflict are always addressed early before these could escalate. We recognise that emotional bullying can sometimes be more damaging than physical harm and all concerns and worries are taken equally seriously. We challenge unacceptable behaviours to ensure we have a safe environment and a culture that encourages children to speak out and reach out to trusted adults for help. Stopping harm and ensuring immediate safety is our first priority and empowering children to have confidence to talk to others.